**Health Ed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_**

**Stress**

1. Where does the word Eustress comes from?
2. What is stress? Definition
3. Name are the two types of Stress.
4. What is a stress response?
5. What happens to your body when you are stressed?
6. What exactly is fight or flight?
7. How long have we had the fight or flight instinct? Why do we have it? Why is it necessary?
8. What is a stressor?
9. Name the 5 most common Stressors.
10. What kind of things do you do to relief stress?
11. What happens when you run out of adrenaline?